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SCHOOL LUNCH
Recipes
**COOKING WITH
DRIED WHOLE EGGS**

UNITED STATES DEPARTMENT OF AGRICULTURE
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This publication supersedes PA-58, entitled "School Lunch Recipes Using Dried Whole Eggs," of which it is a revision.

SCHOOL LUNCH RECIPES

Cooking with Dried Whole Eggs

Nutritive Value

When good quality dried eggs are properly stored they have practically the same food value as shell eggs. They contain vitamin A, iron, and good protein, all important materials for building blood and body tissue. Also, they have thiamine and riboflavin, two of the essential B vitamins.

Storage

Unopened containers of dried eggs should be kept in a cool dry place, not over 55° F. or preferably in the refrigerator.

After opening, store unused powder in a tightly closed glass jar in the refrigerator. If dried eggs are not kept in a tightly closed container, they take up moisture from the air and become lumpy; then they do not mix smoothly with water. Unless the container is tightly closed, they may also absorb flavors.

When you Cook with Dried Eggs

Dried whole eggs are eggs which have been broken out of the shell and have then had most of the water removed. When using dried egg powder in cooking it is necessary to put back the water that was taken away during drying, that is, reconstitute the dried egg.

In most recipes it is best to reconstitute the dried egg before using. When making quick breads and cookies, however, sift the dried egg with the other dry ingredients. Then add the water needed to reconstitute the dried egg with the other liquids in the recipes.

Use dried eggs only in thoroughly cooked dishes--baked breads, scalloped dishes, and baked desserts. Do not make egg-milk drinks, mayonnaise, omelets, scrambled eggs, cream puddings or fillings, soft custards, ice creams, or cooked salad dressing with dried eggs.

Mix only the quantity of dried egg needed for the recipe being prepared, as the reconstituted powder will not keep.

2 tablespoons of firmly packed dried egg powder with 2-1/2 tablespoons of water equal one whole egg. One standard measuring cup of firmly packed dried egg powder with 1-1/4 cups of water equals 8 eggs. These equivalents are based on large eggs weighing at least 2 $\frac{1}{4}$ ounces per dozen.

In preparing the recipes in this publication it is especially important that cooking instructions be followed carefully. Cook each recipe in pans of the size and number recommended. If other sizes are used, fill them to a depth of not more than 2 inches. Deeper layers of food may not be thoroughly cooked in the times recommended.

The recipes have been so arranged that they can be cut apart and added in the proper place in the card file.

General information on use of dried eggs is also given in -

Cooking with dried eggs, BHNHE 85, U. S. Department of Agriculture.

CHEESE BEAN LOAF (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
9 ounces (1-1/2 cups)	Chopped onions		
1-1/2 pounds (1-1/2 quarts)	Chopped celery		
6 ounces (3/4 cup)	Fat		
2-1/2 cups	Water		
8 ounces (2 cups firm-packed)	Dried whole egg		
5-1/2 quarts	Cooked kidney beans, ground or mashed*		
2 cups	Bean liquid		
5 pounds	Cheese, finely grated		
3 tablespoons	Salt		
1-1/2 pounds	Soft bread crumbs		

Portion: about 1/3 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

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CHEESE PUDDING (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-1/2 gallons	Milk		
1-1/2 quarts	Water		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg		
2 tablespoons	Salt		
1/4 cup	Minced onion		
1-1/2 gallons	Bread cubes		
8 pounds	Grated cheese		

Portion: 1/2 cup. Total cost _____
 Provides 2 ounces protein-rich food. Cost per portion _____

1. Cook onions and celery in fat until celery is tender.
2. Add 1-1/4 cups of the water to dried egg; beat until smooth. Add remaining 1-1/4 cups water and beat well.
3. Combine ingredients until well blended adding bread crumbs last.
4. Place in 3 greased baking pans (12 by 16 inches).
5. Bake at 350° F. (moderate) 40 to 45 minutes.
6. Serve with tomato sauce or with a relish such as cranberry sauce.

* About 4 pounds uncooked dry kidney beans.

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CORN FONDUE (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
2-1/2 quarts	Milk		
2-1/2 quarts	Water		
2-1/8 pounds (8-1/2 cups firm-packed)	Dried whole egg		
2 quarts	Bread cubes		
3/4 cup	Minced onion		
1 cup	Chopped green pepper		
4 pounds	Grated cheese		
2 gallons	Cream-style corn		
1/2 cup	Salt		

Portion: 3/4 cup. Total cost _____

Provides 2 ounces protein-rich food, and 1/3 cup vegetable. Cost per portion _____

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FISH LOAF (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-3/4 cups	Water		
6 ounces (1-1/2 cups firm-packed)	Dried whole egg		
13 1/4-ounce cans	Flaked cod or pollock*		
1-1/2 pounds (1 gallon)	Soft bread cubes		
2 quarts	Cooked tomatoes		
1 cup	Chopped parsley		
6 ounces (1 cup)	Chopped onion		
1-1/3 table- spoons	Celery salt		
	Salt, as needed		
8 ounces (1 cup)	Table fat, melted		
3 cups	Fine dry crumbs mixed with fat		

Portion: About 1/3 cup. Total cost _____

Provides 2 ounces protein-rich food. Cost per portion _____

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1. Scald the milk over hot water.
2. Add 5 cups of the water to the dried egg; beat until smooth. Add the remaining 5 cups water and beat well. Add the other ingredients to the egg, blending in the scalded milk last.
3. Pour into 4 greased baking pans (12 by 16 inches) and set in pans of hot water. Bake at 350° F. (moderate) 1-1/4 to 1-1/2 hours.

1. Add 3/4 cup of the water to the dried egg; beat until smooth. Add the remaining 1 cup water and beat well.
2. Thoroughly combine all ingredients except the crumbs. This may be done with the mixer on low speed, using the beater.
3. Place in 3 well-greased baking pans (12 by 16 inches) and top with crumbs. Bake at 350° F. (moderate) 50 to 55 minutes until loaf is firm in the center.

* 11 pounds (about 1-3/4 gallons) of other cooked or canned fish flakes may be used.

MACARONI-CHEESE LOAF (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
1-3/4 pounds	Macaroni		
4-1/2 cups	Water		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg		
1/2 pound	Green pepper		
8 pounds	Cheese		
1/4 cup	Finely ground onion		
4-1/2 quarts	Hot milk		
3 tablespoons	Salt		
1-1/2 cups	Chopped parsley		
1-1/2 gallons	Medium white sauce (see School Lunch Recipes for 100, card No. H-3)		

Portion: 1 slice 2 by 3 by 1-1/4 Total cost _____
 inches; 1/4 cup sauce. Cost per portion _____
 Provides 2 ounces protein-rich food.

- Cook macaroni until tender in boiling salted water (3 quarts water with 2 tablespoons salt). Drain.
- Add 2-1/4 cups water to dried egg; beat until smooth. Add remaining water and beat well.
- Finely grind macaroni, green pepper, and cheese.
- Mix together macaroni, egg, onion, green pepper, 5 pounds cheese, milk, salt, and parsley.
- Pour into 3 greased baking pans (12 by 16 inches).
- Place pans in hot water and bake at 350° F. (moderate) 50 to 60 minutes.
- Add remaining 3 pounds cheese to white sauce and serve on loaf.

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POTATOBURGERS (WITH DRIED WHOLE EGG)

Main Dishes

100 Portions	Ingredients	Portions	Cost
12 pounds	Potatoes		
3-1/4 pounds	Onions		
1 pound	Green peppers		
3-3/4 cups	Water		
12 ounces (3 cups firm-packed)	Dried whole egg		
7-1/2 pounds	Ground beef		
2-1/2 pounds	Ground pork		
4 ounces (1/2 cup)	Salt		
4 ounces (1 cup)	Sifted flour		
5-1/2 quarts	Tomato juice or sieved tomatoes		

Portion: 1/2 cup. Total cost _____
 Provides 2 ounces protein-rich food, 1/2 cup vegetable. Cost per portion _____

- Pare raw potatoes and onions. Remove stems and seeds from peppers. Put through medium fine grinder.
- Add 1-3/4 cups water to the dried egg; beat until smooth. Add remaining 2 cups water and beat well.
- Add meat, eggs, and salt to ground vegetables.
- Use No. 8 scoop (1/2 cup) to measure portions into baking pans. Flatten into patties.
- Blend the flour with 2 cups of the tomato. Heat rest of tomato and add flour mixture. Cook and stir until slightly thickened. Pour over patties.
- Bake at 375° F. (moderate) 50 to 60 minutes.

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POTATO FONDUE (WITH DRIED WHOLE EGG)

100 Portions	Ingredients	Portions	Cost
24 pounds	Potatoes		
6-1/2 pounds	Cheese, finely grated		
7-3/4 cups	Water		
1 pound 9 ounces (6-1/4 cups firm-packed)	Dried whole egg		
1-1/2 pounds (3 cups)	Fat		
12 ounces (3 cups)	Sifted flour		
4 ounces (1/2 cup)	Salt		
2 tablespoons	Dry mustard		
2-1/4 gallons	Hot milk		
3 cups	Fine dry crumbs mixed with fat		

Portion: 2/3 cup.

Total cost _____

Provides 2 ounces protein-rich

food, 1/2 cup vegetable.

Cost per portion _____

Main Dishes

- Boil or steam potatoes, peel, and cut into 1/2-inch cubes. Cool and mix with the cheese. Place in four greased pans (12 by 16 inches).
- Add 3-3/4 cups water to the dried egg; beat until smooth. Add the remaining 4 cups of water and beat well.
- Make white sauce: Melt fat. Sift together flour, salt, and mustard. Blend with fat and add to milk. Cook, stirring constantly, until thickened. Remove from heat.
- Cool 1 quart hot mixture about 10 minutes, then beat into the egg. Blend with remaining hot mixture, stirring vigorously.
- Pour sauce over potatoes and cheese and blend evenly through the mixture. Top with crumbs.
- Bake at 350° F. (moderate) 50 to 60 minutes.

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SALMON LOAF (WITH DRIED WHOLE EGG)

100 Portions	Ingredients	Portions	Cost
1-1/2 pounds	Rice, uncooked		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg		
1-1/2 quarts	Water		
2 quarts	Milk		
5 tablespoons	Salt		
10 No. 1 cans (8 pounds)	Salmon		
1/2 cup	Lemon juice		
1-1/2 tablespoons	Lemon rind		
1 cup	Finely chopped green pepper		
1 cup	Chopped parsley		
2 quarts	Bread crumbs		
3 tablespoons	Baking powder		

Portion: 1/2 cup.

Total cost _____

Provides 2 ounces protein-rich food.

Cost per portion _____

Main Dishes

- Cook rice until tender in 1 gallon boiling water to which 3 tablespoons of salt have been added. Drain.
- Add 3 cups of water to the dried egg; beat until smooth. Add remaining 3 cups of water and beat well. Add milk and salt.
- Flake salmon and combine with salmon liquid, lemon juice and rind, green pepper, parsley, bread crumbs and rice.
- Mix baking powder with egg mixture, and add to other ingredients.
- Pour into 3 greased baking pans (12 by 16 inches), set in pans of hot water, and bake at 400° F. (hot) 45 to 55 minutes.

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SPANISH EGG AND NOODLES (WITH DRIED EGG)

100 Portions	Ingredients	Portions	Cost
3 pounds	Noodles, dry		
1-1/2 pounds	Onions		
2 pounds	Green peppers		
1/2 pound (1 cup)	Fat		
3/4 pound (3 cups)	Sifted flour		
1/2 cup	Salt		
2-1/2 gallons	Canned or cooked tomatoes		
2-1/2 quarts	Water		
2-1/8 pounds (8-1/2 cups firm-packed)	Dried whole egg		
1 quart	Milk		
4 pounds	Cheese, grated or ground		
3 cups	Fine crumbs, coated with 1/2 cup table fat		

Portion: 3/4 cup. Total cost _____
 Provides 2 ounces protein- Cost per portion _____
 rich food, 1/2 cup vegetable.

Main Dishes

- Cook noodles until tender in boiling salted water (2 gallons water with 1/3 cup salt). Drain.
- Finely chop or grind onions and pepper; cook in fat until tender. Add flour and 1/4 cup salt, blending well. Stir in tomatoes; cook until thick.
- Add 1-1/4 quarts water to dried egg; beat until smooth. Add remaining 1-1/4 quarts water and 1/4 cup salt, and the milk. Beat well. Scramble the egg mixture, using low heat, until thickened throughout but still moist. To avoid overcooking remove from pan at once.
- Cut egg in small pieces. Add with noodles and cheese to the tomato sauce. Pour into 4 baking pans (12 by 16 inches); top with crumbs. Bake at 350° F. (moderate) 30 to 40 minutes.

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CORN BREAD (WITH DRIED WHOLE EGG)

Breads

100 Portions	Ingredients	Portions	Cost
1-1/2 cups	Water		
5 ounces (1-1/4 cups firm-packed)	Dried whole egg		
3 pounds (3 quarts)	Sifted flour		
4-1/2 ounces (2/3 cup)	Baking powder		
10 ounces (1-1/4 cups)	Sugar		
3 tablespoons	Salt		
2-1/2 pounds (7-1/2 cups)	Corn meal		
2-1/2 quarts	Milk		
2-1/2 cups	Melted fat (or oil)		

Portion: 1 piece. Total cost _____
 (2 by 3 inches) Cost per portion _____

- Add 3/4 cup water to the dried egg; beat until smooth. Add remaining 3/4 cup water and beat well.
- Sift flour, baking powder, sugar, and salt together twice. Add corn meal and mix well.
- Combine milk and fat, or oil, with egg and add to dry ingredients.
- Pour into 4 well-greased baking pans (12 by 18 inches).
- Bake at 425° F. (hot) 30 to 40 minutes until brown.

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MUFFINS (WITH DRIED WHOLE EGG)

Breads

100 Portions	Ingredients	Portions	Cost
4 ounces (1 cup firm-packed)	Dried whole egg		
4 pounds (4 quarts)	Sifted flour		
5 ounces (3/4 cup)	Baking powder		
2-1/2 tablespoons	Salt		
1 pound (2 cups)	Sugar		
7-1/2 cups	Milk		
2 cups	Melted fat		

Total cost _____

Portion: 1 muffin.

Cost per portion _____

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BAKED CUSTARD (WITH DRIED WHOLE EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/4 gallons	Milk		
2 pounds (4 cups)	Sugar		
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg		
2 tablespoons	Salt		
1-1/2 quarts	Water		
6 tablespoons	Vanilla		
	Nutmeg		

Portion: 1/2 cup.

Total cost _____

Provides 1/3 egg.

Cost per portion _____

1. Sift dry ingredients together twice.
2. Add milk and fat. Mix just enough to moisten dry ingredients.
3. Use No. 2 1/4 scoop to measure into greased muffin pans. Bake at 425° F. (hot) 15 to 20 minutes.

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BREAD PUDDING (WITH DRIED WHOLE EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2 gallons	Milk		
2-1/2 pounds (5 cups)	Sugar		
1 pound (4 cups firm-packed)	Dried whole egg		
1/4 cup	Salt		
1-1/4 quarts	Water		
4 ounces (1/2 cup)	Table fat		
2-1/4 gallons	Dry bread cubes		
6 tablespoons	Vanilla		

Portion: 1/2 cup.

Total cost _____

Cost per portion _____

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PEANUT BUTTER COOKIES (WITH DRIED WHOLE EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
8 ounces (1 cup)	Fat		
2-3/4 pounds (5 cups)	Coarse-grind peanut butter		
1-1/4 pounds (2-1/2 cups)	Granulated sugar		
1 pound (3 cups)	Brown sugar		
1-1/2 table- spoons	Salt		
2 pounds (2 quarts)	Sifted flour		
6 ounces (1-1/2 cups firm-packed)	Dried whole egg		
1-1/2 table- spoons	Soda		
3 cups	Milk		

Total cost _____

Portion: 2 cookies.

Cost per portion _____

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1. Scald the milk over hot water.
2. Sift together the sugar, dried egg, and salt. Add the water and beat.
3. Remove the milk from the heat. Add fat, and bread cubes.
4. Combine the egg and milk mixtures. Add the vanilla.
5. Pour into three greased baking pans (12 by 16 inches) and set in pans of hot water. Bake at 350° F. (moderate) 45 to 55 minutes; until set.
6. Serve with apricot sauce (page 12).

PLAIN CAKE (WITH DRIED WHOLE EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
2-1/2 cups	Water		
8 ounces (2 cups <u>firm-packed</u>)	Dried whole egg		
2 pounds (4 cups)	Fat		
4 tablespoons	Vanilla		
1-1/3 table- spoons	Salt		
4 pounds (2 quarts)	Sugar		
4 pounds (4 quarts)	Sifted flour		
6-2/3 table- spoons	Baking powder		
1-1/2 quarts	Milk		

Portion: 1 piece (2-1/2 by 3 inches). Total cost _____
Cost per portion _____

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PUMPKIN CUSTARD (WITH DRIED WHOLE EGG)

Desserts

100 Portions	Ingredients	Portions	Cost
1-1/8 pounds (4-1/2 cups firm-packed)	Dried whole egg		
4-1/2 pounds (2-1/4 quarts)	Sugar		
1/4 cup	Salt		
1-1/2 teaspoons	Nutmeg		
2 tablespoons	Cinnamon		
1 tablespoon	Ginger		
1/2 teaspoon	Cloves		
6 quarts	Pumpkin		
3/4 cup	Molasses		
1/4 cup	Vanilla		
6 ounces (3/4 cup)	Table fat		
4-1/2 quarts	Hot milk		

Portion: 1/2 cup. Total cost _____
Cost per portion _____

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1. Add 1-1/4 cups water to the dried egg; beat until smooth. Add remaining 1-1/4 cups water and beat well.
2. Cream together the fat, vanilla, and salt. Gradually add the sugar, creaming well.
3. Add the egg and beat until light and fluffy.
4. Sift flour and baking powder together twice. Add alternately with milk to creamed mixture.
5. Pour into 2 greased baking sheets (16 by 24 inches). Bake at 400° F. (hot) 25 to 35 minutes.

GINGERBREAD MIX (With Nonfat Dry Milk and
Dried Whole Egg)

Desserts

100 Portions	Ingredients	Portions	Cost
3-3/4 pounds (3-3/4 quarts)	Sifted flour		
1-1/4 pounds (1-1/4 quarts)	Dry milk		
5 ounces (1-1/4 cups firm-packed)	Dried whole egg		
1-2/3 tablespoons	Soda		
5 tablespoons	Baking powder		
2-1/2 teaspoons	Salt		
1-1/4 pounds (2-1/2 cups)	Sugar		
5 tablespoons	Ginger		
2 tablespoons	Cinnamon		
2 teaspoons	Cloves		

Yield: About 7 pounds of
dry mix. Total cost _____
Cost per portion _____

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GINGERBREAD (Using Gingerbread Mix)

Desserts

100 Portions	Ingredients	Portions	Cost
7 pounds (5-1/2 quarts)	Gingerbread mix		
2 pounds (4 cups)	Fat		
6-1/2 cups	Boiling water		
2 quarts	Molasses		

Portion: 1 piece
(3 by 2-1/2 by 1-1/2
inches). Total cost _____
Cost per portion _____

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1. Sift ingredients together 3 times or blend in mixer, using the whip, and mix 15 minutes on low speed.
2. Store in a cool place in a tightly covered container.

GINGER COOKIES (Using Gingerbread Mix)

100 Portions	Ingredients	Portions	Cost
2-3/4 pounds (2-1/8 quarts)	Gingerbread mix		
3 cups	Molasses		
10 ounces (1-1/4 cups)	Melted fat		
1/2 cup	Water	.	

Portion: One 3-inch cookie. Total cost _____

Cost per portion _____

Desserts

1. Weigh or sift and measure dry mix.
2. Blend fat, molasses, and water. Add slowly to dry mix, stirring until smooth.
3. Use a No. 40 scoop to drop batter on greased baking sheets. Bake at 350° F. (moderate) 12-15 minutes.

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APRICOT SAUCE (With Dried Fruit)

100 Portions	Ingredients	Portions	Cost
2 pounds	Dried apricots		
3 quarts	Hot water		
1-1/2 pounds (3 cups)	Sugar		
1 teaspoon	Salt		

Portion: 2 tablespoons. Total cost _____

Yield: 3 quarts. Cost per portion _____

Sauces

1. Cut apricots into pieces. Cover with the water and soak overnight or until plump.
2. Add the sugar and salt; simmer 1 hour or until soft.
3. Put fruit and liquid through a sieve and beat until smooth.
4. If desired, 1/4 cup of lemon juice may be added.

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